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Two plead guilty in RCMP deaths

VICTORIA HANDYSIDES
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A gun that became part of James Roszko's small arsenal in an ambush was wiped clean and put into a bag by two men accused of assisting him in the murder of four Mounties.

That was only one piece in mounting evidence from a court-agreed state-

ment of facts that led to Shawn Hennessey, 29, and Dennis Cheeseman, 25, quietly admitting their part in the brutal 2005 quadruple murder.

The pair, sharing a bench in a jam-packed courtroom yesterday morning, pleaded guilty to four counts of manslaughter in the deaths of the officers, who were raiding Roszko's Mayerthorpe area marijuana grow-op on

March 3, 2005, before the gunman opened fire.

The brothers-in-law were initially charged with first-degree murder after their arrests in July 2007, but agreed to plead to lesser charges.

"Obviously they helped him," Cheeseman's long-time friend, Vicky Marsh, told Metro exclusively after hearing the news of plea.

"To the exact extent and why, we don't know — to

"Nothing can be done to bring back the four RCMP officers or bring Roszko to true justice."

Vicky Marsh

me, that's the big question. I think they're taking responsibility for what they might have done, or caused."

New details in the expensive 28-month investigation were revealed yesterday.

Registry records and DNA evidence found in a glove on Roszko's farm after the massacre confirmed one of the firearms belonged to Hennessey, and the pair admitted to giving Roszko a ride back

to his farm after the incident.

After shooting the four officers, Roszko turned the gun on himself. The shooting marked the largest single-day loss suffered by Canadian police forces in 100 years.

"Nothing can be done to bring back the four RCMP officers or bring Roszko to true justice ... They shouldn't be the justice for what Roszko did," Marsh said.

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Presidential Inauguration
• Charles Davies, page 8
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• More exclusive coverage online at metronews.ca

Local pg 2

Utility sale may counter NAFTA

World pg 6

Palestinians left to pick up pieces

Entertainment pg 13

Strokes' bass player goes on the road

Painting a new American future



President-elect Barack Obama helps paint the walls yesterday at the Sasha Bruce House, a shelter for teens in Washington, D.C. Obama stopped at Sasha Bruce House to promote his "Day Of Service" program.

POLITICS On the eve of his inauguration, Barack Obama joined the U.S. in honouring slain civil rights leader Martin Luther King, underscoring racial barriers the Illinois Democrat overcame to be elected the first black U.S. president.

United States
Presidential Inauguration

Taking time away from preparing an address he will deliver when he is sworn in at 10 a.m. today.

Obama visited wounded troops at a military hospital and called on Americans to remember King through public service on a national holiday founded for the civil rights leader. Hundreds of thousands of visitors streamed into

Washington for inaugural festivities but the celebration was tempered by the daunting challenges Obama will face — unfinished wars in Iraq and Afghanistan and the worst financial crisis since the Great Depression. **REUTERS**

Edmontonians gearing up for Obama's big day

JEFF CUMMINGS
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DEMOCRATS Hundreds of Americans living in Edmonton will be glued to the tube during today's presidential inauguration and many will be celebrating in their own homes, says Marilyn Gaa, a member of Democrats Abroad.

Local members of the group, which represents thousands of Democratic party members living outside the U.S., held a party in Edmonton on the night Obama was elected.

But since today's inauguration conflicts with many work schedules, Gaa said many will celebrate privately as they watch "one of the biggest moments in American history."

Gaa said many will be taping the ceremony to view later. "This is a historic moment," she said. "I am going to have the videotape of it tucked away so I can show it to my grandkids someday."

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Unusually warm temperatures seen in Central Alberta this week won't result in any potential risk of flooding, says Alberta Environment. Temperatures, however, are expected to take a turn Thursday with a snowy high of -8 C with snow, according to Environment Canada. **METRO EDMONTON**

Local



Broken water main slows Yellowhead

Motorists are being told to steer clear of eastbound Yellowhead west of 142 Street or expect delays as work crews continue fixing a water main that broke yesterday. The city says repairs are expected to be finished Friday and traffic will be reduced to one lane until it's completed. Motorists are advised to detour using 156 Street or 159 Street.

METRO EDMONTON

[scrubs]
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Judge urges same-sex rule for workers in group homes

BEHAVIOUR Group home care workers must deal with members of the same sex if the resident is known for aberrant sexual behaviour, a provincial judge recommended yesterday.

In the report Judge Lloyd Malin also said care workers should only be assigned to clients they can physically manage.

He added group homes must hold meetings to discuss problematic residents.

The recommendations follow an inquiry into the death of an Albertan female care worker who was raped and killed by a group home resident six years ago.

METRO EDMONTON

Man crushed on the job in Slave Lake

DEATH A 30-year-old man was crushed to death early yesterday morning on the job in Slave Lake.

The victim was stacking wood at Alberta Plywood when a spring-loaded veneer stacker fell on him.

Occupational Health and Safety officials were on scene investigating the incident, which took place shortly after midnight yesterday.

Officials from the company were not available for comment yesterday afternoon.

METRO EDMONTON

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City's utility sale may counter NAFTA: Lawyer

JEFF CUMMINGS
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The city could risk contravening the North American Free Trade Agreement (NAFTA) if it sells the Gold Bar Wastewater Treatment Plant to Epcor, says a lawyer who will be making a presentation to city council today.

Steven Shyberman, who will be making the presentation with a coalition of environmentalists, doctors, union leaders and private citizens against the plan, says selling the plant would give the company a competitive advantage over other markets — something that goes against NAFTA.

And the move could also force other utility companies to launch legal challenges against the city because those companies "are not being treated fairly under the free trade agreement," he said.

"Those trade rules apply to city council, as well as the federal government," said Shyberman who is with



The Gold Bar Wastewater Treatment plant is under scrutiny as a coalition has come forward indicating they believe the city's sale of the facility to Epcor contravenes NAFTA.

"There are real risks associated with this sale."

Steven Shyberman, lawyer

the law firm Sack Goldblatt Mitchell.

"There are real risks asso-

ciated with this sale, and (council) has to be very cautious in proceeding with it."

The city is considering selling the public utility to Epcor for about \$190 million that it will collect over the next 10 years, including a \$75 million transfer fee and dividend payments.

A coalition group that includes the Alberta Federa-

tion of Labour, the Sierra Club of Canada and the Parkland Institute have created a campaign urging residents to call city hall demanding their drainage services remains public.

A public hearing into the plan will begin today at city hall and then council is expected to make its final decision.

Two charged with child porn possession

ARRESTS Southern Alberta authorities have made arrests in two child porn cases, one of them as a result of a drug raid on an Airdrie residence.

Police yesterday arrested Gregory Fritzke of Medicine Hat on charges of accessing and distributing child pornography.

Fritzke's arrest comes after a three-month investigation by the Southern Alberta Integrated Child Exploitation unit and police in Medicine Hat.

RCMP also arrested 47-year-old Roy Rodney Knapp of Airdrie on Friday afternoon. Investigators said they found child porn on a computer inside the home.

METRO EDMONTON

No charges laid in fatal collision

CRASH No charges will be laid in a crash that took the life of an Edmonton man Saturday afternoon.

Around 1:20 p.m., Camrose RCMP rushed to the scene of a crash, in which a red Ford pickup truck travelling south on Highway 21 veered into oncoming traffic.

The pickup collided with a semi truck.

The driver of the pickup, 50-year-old Darrel Gabrys, was pronounced dead at the scene. The collision is still under investigation.

METRO EDMONTON

New officers to lay down the bylaw

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PATROL Ten new uniformed bylaw officers under a new enforcement unit with the city will now tackle noise complaints, snow-covered walkways, and unsightly yards seven days week.

The officers, who will be operating patrol cars, will also pull over vehicles with

unsecured loads and they will work with community associations to tackle neighbourhood issues.

John Simmons, a co-ordinator with the city's Community Standards Peace Officers department, says bylaw enforcement has only been a complaints-driven branch that has only focused on private property issues on regular business days.

Working hours

- The new officers will work seven days a week from 7 a.m. until 5 p.m. during the winter and from 6:30 a.m. until 10 p.m. in the summer.
- Citizens can dial 3-1-1 to report a complaint on any bylaw violations.

With the new officers, the city can now make a

more proactive approach in ensuring the city's public areas, walkways, roads and green spaces are kept safe and clean.

"This was identified by citizens as the type of service they wanted to see," said Simmons.

"They want to see uniformed officers in their neighbourhoods and them having a higher level of availability."

metronews.ca

WHAT'S ONLINE TODAY

Video Stephen Harper calls Obama presidency a step forward in Canada-U.S. relations at metronews.ca/canada

Video Vancouverite named first torch bearer for 2010 Games at metronews.ca/canada



Man escapes tanning-bed fire

A Regina man who had been working on his tan when his tanning bed burst into flames escaped without major injuries. Jason Viles was inside the tanning bed yesterday morning when he heard a pop, smelled smoke and found himself locked in the bed. He escaped by kicking out a stereo and crawling out the back. **CBC NEWS ONLINE**

Canada



Deficit must be moderate: Iggy
 Liberal Leader Michael Ignatieff said yesterday that any deficits incurred in the upcoming budget must be temporary, but refused to put a dollar figure on what he would consider too large. Speaking after a caucus meeting yesterday, Ignatieff said Canadians are allergic to deficits and that any deficit in the budget set to be tabled on Jan. 27 should be temporary, modest and moderate. **CBC NEWS ONLINE**

‘Dirty oil’ image a challenge: Ambassador

The increasing perception of Canada as both “foreign” and a “purveyor of dirty oil” is a challenge for the country with the new Obama administration, says Canada’s ambassador to the United States.

On the eve of the inauguration of U.S. president-elect Barack Obama, Michael Wilson yesterday told a luncheon

United States
Presidential Inauguration

crowd it’s something his embassy staff must work to change with White House officials and members of Congress. It’s relevant, he told the Canadian Club of Toronto, because Obama

Friends with benefits

• An expert panel that delivered a detailed blueprint to the Conservative government on how it should approach the

Obama administration says the key is to shelve the complaints and offer bold, “mutually beneficial” initiatives.

is committed to climate change and working to “move away from oil — and especially foreign oil — to cleaner forms of en-

ergy.”

Canada is the No. 1 energy exporter to the U.S., ahead of Saudi Arabia and Mexico.

“This image (of Canada) is fed in part from negative perceptions of the Canadian oilsands industry,” said Wilson, speaking at a downtown Toronto hotel.

“But it also stems from a general under-appreciation in the United States of Canada’s considerable efforts to reduce carbon emissions and to increase renew-

able energy production, (as well as) a general under-appreciation of just how much our two economies are linked.”

However, Wilson said he is optimistic that relations between Canada and the U.S. — already “in terrific shape” — will continue to be “open and productive” under the new president.

TORSTAR NEWS SERVICE

Olympics **First torch-bearer**



Vancouver resident Patricia Moreno, 18, became the first person selected to carry the 2010 Olympic torch yesterday. Moreno was chosen because she is a “great example of Canadian youth,” specifically because of her volunteering and active lifestyle.

NDP will still try to topple Conservatives over budget

POLITICS NDP Leader Jack Layton is vowing to try and topple the minority Conservatives over next week’s budget even as the Liberals — his partners in the opposition coalition — preach a wait-and-see attitude.

Layton said yesterday that only the NDP-Liberal coalition formed last year to replace the Tories can be trusted to implement the ideas needed to help

Canada through the economic turmoil.

“It’s a coalition that can help take Canada toward a better future. The coalition will only come into being if all of the opposition parties take the courageous stand to stand up to (Prime Minister Stephen) Harper at this critical time after all that he’s done,” Layton told a meeting of New Democrat MPs. **TORSTAR NEWS SERVICE**

News in brief

PIPELINE Ottawa has offered financial support for a \$16.2-billion Arctic gas pipeline, the federal environment minister said yesterday, aiming to revive a struggling proposal to tap vast northern reserves with industry conditions worsening.

FIRE A family dog is being credited with saving a family during a blaze at a home near Rusagomis, N.B., early Sunday that even-

tually took the animal’s life, CBC News Online reports. The father and his sons, 2 and 5 years old, were awoken by the barking of the chocolate Labrador retriever.

WINNIPEG Two teens accused of planning a shooting rampage at three schools and a church appeared in a Winnipeg court yesterday, CBC News Online reports. **METRO NEWS SERVICES**

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Sites like CNN.com and other major television networks are planning to offer streaming Internet video of the event, but warn that users could experience slower than normal responses from their websites because of increased traffic. **METRO NEWS SERVICES**

Presidential Inauguration



Lincoln Bible

The same Bible used by Abraham Lincoln, left, will be used by Barack Obama as he is sworn in by Supreme Court Chief Justice John G. Roberts Jr.

METRO NEWS SERVICES

• Morning worship service

Like every U.S. president-elect since Franklin D. Roosevelt, Barack Obama will tip off Inauguration Day with a morning worship service — most likely a private affair for him and his family and friends — at a church in D.C.

• Procession to the Capitol

U.S. President George W. Bush and his wife Laura Bush will join Obama and his wife, Michelle, for the motorcade procession to the Capitol — and undoubtedly fantastic conversation.

• Vice-president's swearing-in

Since he'll fade into the background the second the new administration



THE DAY'S EVENTS

takes its place, vice-president-elect Joe Biden gets the first turn being sworn into office on the steps of the Capitol.

• President's swearing-in, inaugural address

The main event is next up with Obama swearing the oath of office, then addressing

the country and affirming for one last time all the promises he's made.

• Departure of the outgoing president

In the second-most feel-good event of the day, Obama will escort Bush to his departure plane where Bush will take his final leave from D.C. And then we can all exhale.



Bye-bye Bush!

GRAHAM WOOD/METRO



• Inaugural parade

The city will go crazy as bands, floats and military personnel celebrate down Pennsylvania Avenue while Obama will watch from a secure post.

• Inaugural balls

Fabulous affairs with the crème de la crème of Washington society, great food and lavish decorations concludes inauguration day. Of course, this year that may be just a tad inappropriate since the U.S. is teetering on the edge of national bankruptcy.

\$50M

Amount D.C. Mayor Adrian Fenty predicts will be needed to cover costs associated with the inauguration. Congress has already approved \$15 million.

BY THE NUMBERS

2.5M

Number of people city officials expect in the city to celebrate inauguration festivities.

5,000

Number of portable toilets to be available to revelers on the National Mall.

22

Number of hours D.C.'s subway system will be running rush-hour service — from 4 a.m. to 2 a.m. — on Inauguration Day.

10 facts to take to the bar ... U.S. presidents

1 George Washington's salary as president was \$25,000 US — George W. Bush's was \$400,000 US.



7 Theodore Roosevelt (1901-09) was the youngest president to ever serve.



He was elected vice-president on a ticket with president William McKinley, but in September 1901 a deranged anarchist shot McKinley twice in Buffalo, New York, and Roosevelt assumed the top office at 42.

2 Theodore Roosevelt became the first president awarded the Nobel Peace Prize in 1906.

3 George W. Bush was the 43rd president, but there actually have only been 42 presidents: Cleveland was elected for two nonconsecutive terms and is counted twice, as the 22nd and 24th president.

4 The oldest president ever elected was Ronald Reagan (1981-89). The 40th president took office at the age of 69.



8 Bill Clinton was the first U.S. Democratic president to win re-election since Franklin D. Roosevelt.



9 The first and only president for a day was David Atchison. Zachary Taylor was a staunch Episcopalian and refused to be sworn in on a Sunday.

5 Twenty-six presidents were lawyers before becoming president.

6 Andrew Jackson was the first president to survive an assassination attempt.

10 James Madison was president when the British entered Washington and set fire to the White House during the War of 1812.

Network coverage

CBC and CBC Newsworld

• Starting at 9 a.m., Peter Mansbridge hosts inauguration coverage. Live coverage of the parade starts at noon.

CTV

• Lloyd Robertson hosts a live special starting at 8 a.m., with commentary from Frank McKenna and Eleanor Clift, former White House correspondent for Newsweek.

Global

• Kevin Newman quarterback's coverage with a live Global News special starting at 9 a.m.

U.S. networks

• All three main U.S. networks as well as CNN start airing live from Washington at 8 a.m. ABC has Diane Sawyer, Charles Gibson and George Stephanopoulos hosting. CBS' coverage is helmed by Katie Couric. NBC's Brian Williams and Tom Brokaw lead their coverage, while MSNBC has Keith Olberman, Rachel Maddow. CNN has Wolf Blitzer and Anderson Cooper.

TORSTAR NEWS SERVICE

Address to focus on responsibility

Barack Obama's inauguration address will call on Americans to embrace a new era of responsible behaviour — in government and in business.

Obama's speech today will ask the country to reject the "culture of anything goes."

Obama will ask Ameri-

cans to restore a national value system that honours responsibility and accountability. It harkens back to John F. Kennedy's call for personal sacrifice in his 1960 inauguration address.

Obama wrote the bulk of the speech, press secretary Robert Gibbs said.

George W. Bush's 2005

"I don't think you're going to be surprised by what you hear."

David Axelrod, adviser

inaugural speech ran 21 minutes.

Obama's speech is ex-

pected to run about 15-20 minutes, according to ABC, which is on the short side compared to most inaugural addresses.

David Axelrod, Obama's senior adviser, said the speech would be consistent with the themes that Obama has emphasized throughout the campaign.

"I don't think you're going to be surprised by what you hear," he said. "I think he's going to talk about where we are as a country, but also who we are as a people and what responsibilities accrue to us as a result of that, and what we have to do to move forward." **TORSTAR NEWS SERVICE**

Riding the wave of public approval a heavy burden to bear

RATINGS As Barack Obama takes the oath of office today, with one of the highest approval ratings in history, the weight of the nation's hope is on his shoulders.

It's not just an abstract hope, but often, a very personal one. His well-wishers feel a palpable tie to the presidency, in a way that has seldom been seen in a political system that has steadily declined in its citizens' confidence.

"I have a daughter who lost her job with Ford (Motor Company), and she's struggling," says Laura Clark of Dunbar, W.Va., one of America's poorer



The public was still able to get fairly close to the inauguration site yesterday during the Martin Luther King holiday celebrations.

states. "I just hope he'll create the conditions that will get her a job. I think he'll be able to do it be-

cause he's capable of bringing everyone together to accomplish the most important goals."

Clark is not alone in that wish. The shattered economy is on most people's minds. And Obama's image of steadiness, stability and reasoned optimism has captured their confidence, drawing record numbers to Washington for today's inauguration ceremony. According to a Gallup poll this week, a whopping 83 per cent approve the way he's handled his transition to authority, and 78 per cent view him favourably, one of the highest ratings the

opinion sampling company has recorded in recent decades. By comparison, only 17 per cent expect George W. Bush to be remembered as an above average president as he leaves office, and a scant 22 per cent say they approved of his eight-year term. For some, Obama symbolizes the hope for cleansing and renewal. For others, he is simply a welcome respite from eight long years.

But says Tawanda Wright of Chicago: "My biggest fear that his term won't be long enough. I think he needs at least 12 (years)."

TORSTAR NEWS SERVICE

Cellular providers prepare for the worst

Bell, Rogers and Telus have said they are expecting heavy cellular usage today but reassured users it isn't likely to affect domestic operations. **METRO NEWS SERVICES**

Presidential Inauguration

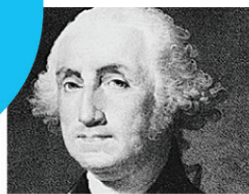
The good, the bad and the most unfortunate

History's unforgettable moments — and those not worth remembering

5 inaugurations you would have wanted to attend ...

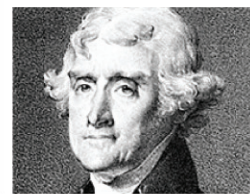
● **George Washington, 1789**

To see what a president should really look like: Washington wore white tights with silver shoe buckles and carried a steel-hilted sword.



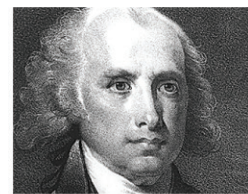
● **Thomas Jefferson, 1801**

To shake the president's hand: Jefferson broke precedent by mingling among spectators instead of riding in a carriage to his inauguration.



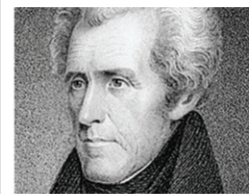
● **James Madison, 1809**

To get cheap tickets: Remember when \$4 would buy you a ticket to the inaugural ball? Well, maybe not, but that was the going rate for Madison's soirée. Today, it would cost an arm and a leg.



● **Andrew Jackson, 1829**

To get good gossip: After a particularly brutal campaign, outgoing president John Quincy Adams spitefully skipped out on the festivities.



● **Franklin Pierce, 1853**

To witness a presidential spurning: Pierce was the first of two presidents to "affirm" the oath of office instead of "swear" it, and he placed his hand on a law book instead of a Bible. **METRO**



... and five inaugurations you're glad you missed

● **Ulysses S. Grant, 1873**

Because who serves frozen food at an inaugural ball?: Grant's inauguration fell on the coldest March 4 on record. The building where the ball was held had no heat or insulation. The food froze on the tables.



● **William H. Taft, 1909**

Because you would have gotten stuck in a blizzard: The inauguration was forced indoors as winds toppled trees and telephone poles, trains stalled and streets were shut down. Crews cleared 58,000 tons of snow and slush.



● **Woodrow Wilson, 1913**

Because no one wanted to party: Grieving the loss of his son, the newly sworn-in president Wilson cancelled the inaugural ball because he felt it was inappropriate for what should be a solemn occasion.



● **Herbert Hoover, 1929**

Because everyone was too poor to party: On the brink of the Great Depression, officials suspended the inaugural ball for a much more modest charity ball. Nothing like bread lines to kill the mood.



● **Lyndon B. Johnson, 1963**

Because you would have missed it anyway: After the assassination of John F. Kennedy, Johnson was administered the oath of office on an airplane. There were no ceremonies until he was officially elected in 1965. **METRO**



10 things you never knew ...

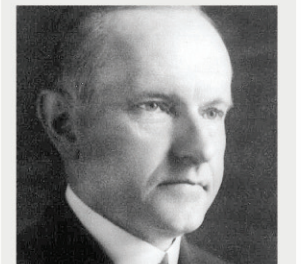
1 Franklin D. Roosevelt was the first president to be inaugurated on Jan. 20 in 1937. Before that, Inauguration Day was March 4.

2 George Washington delivered the shortest inauguration speech in history — at only 135 words — during his second inauguration in 1793.

3 James Buchanan's inauguration in 1857 was the first to be photographed.

4 African-Americans first marched in the inaugural parade at **Abraham Lincoln's** second swearing-in in 1865.

5 Women participated for the first time in an inaugural parade during **Woodrow Wilson's** second inauguration in 1917.



6 Calvin Coolidge was sworn in by former president William Taft, who had become the chief justice of the U.S. Supreme Court, in 1925.

7 John F. Kennedy was the first Catholic to become president.

8 Gerald Ford was the first unelected vice-president to become president.



9 Ronald Reagan's first inauguration was the warmest inauguration day on record. His second inauguration was the coldest.

10 Bill Clinton's inauguration was the first to be broadcast live on the Internet. **METRO**

SOURCE: JOINT CONGRESSIONAL COMMITTEE ON INAUGURAL CEREMONIES



William H. Harrison

Dumbest president?

William H. Harrison wore no winter gear at all to his inauguration in 1841. He delivered the longest inauguration address on record in the cold and wet 9 C weather. A month later, he died of pneumonia. The illness is said to have been brought on by overexposure to the weather on his inauguration day. **METRO**

True words of wisdom



"No people can be bound to acknowledge and adore the Invisible Hand which conducts the affairs of men more than those of the United States."
George Washington



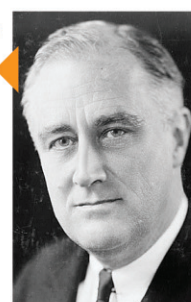
"With malice toward none, with charity for all ... let us strive on to finish the work we are in, to bind up the nation's wounds."
Abraham Lincoln



"Ask not what your country can do for you — ask what you can do for your country."
John F. Kennedy

"The only thing we have to fear is fear itself."

Franklin D. Roosevelt



"The tragic events of the 30 months of vital turmoil through which we have just passed have made us citizens of the world. There can be no turning back."
Woodrow Wilson

Costa Rican authorities called off their search yesterday for victims of landslides from a deadly earthquake 11 days ago. Rescue teams have pulled 23 bodies from the Poas volcano region, where waves of earth buried cars and crushed homes during a 6.1 magnitude quake Jan. 8. Seven people are still missing. **REUTERS**

World



'Mega brothels' worry U.K. clerics

Church of England dioceses are to call for a government crackdown on human trafficking in the run-up to the London 2012 Olympics to prevent a repeat of the "mega brothels" set up in German cities for the 2006 World Cup. The church members pointed to the World Cup in Germany, where, they said, city officials adopted a "pragmatic" approach toward catering for the sexual desires of the estimated three million football fans who attended the tournament. **REUTERS**

Gaza Strip left devastated

More Israeli forces left the Gaza Strip yesterday after a 22-day assault on Hamas militants, and both sides kept a ceasefire, allowing dazed Palestinians to survey the destruction and mourn their dead.

In Jabalya refugee camp, the scene of heavy fighting, not a house was unscathed. Huge piles of uncollected garbage rotted on street corners. Children scavenged for empty plastic bottles.

Israeli sources said most troops would be gone by today. UN Secretary-General Ban Ki-moon was expected to visit the same day.

A spokesman for Hamas's armed wing vowed it would replenish its arsenal of rockets and other weapons, in defiance of any efforts to cut off smuggling routes.

Israel and Hamas sepa-



Palestinian boys stand atop an Israeli army rocket launcher left behind after Israeli forces left Beit Lahiya in the northern Gaza Strip yesterday. More Israeli forces left the Gaza Strip after a 22-day assault on Hamas militants, and both sides kept a ceasefire.

rately declared ceasefires on Sunday, with Hamas demanding an Israeli pullout within a week.

A Hamas official said 5,000 homes, 16 government buildings and 20 mosques were destroyed

and 20,000 houses damaged. Israel has said militants used mosques as weapons depots. **REUTERS**

Murdered Chechen girl's lawyer killed in Moscow

MOSCOW A prominent lawyer who had opposed the early release of a Russian army officer convicted of murdering a Chechen girl was shot dead yesterday not far from the Kremlin, prosecutors said.

Stanislav Markelov acted for the family of 18-year-old Elza Kungayeva, whose murder in 2000 became a symbol of human rights abuses in the region.

Markelov, 34, had led at-

tempts to block the early release of Russian Col. Yuri Budanov, who was convicted of her murder.

Markelov's body was found with several gunshot wounds on a busy street, prosecutors said. Kungayeva's murder in 2000 provoked a storm of protest in Chechnya. Her family said she had been raped and murdered in a drunken rampage by Russian troops. **REUTERS**

Recession raises health risks: WHO

HEALTH Global recession may lead governments to reduce investment in basic health care, putting at risk the lives of vulnerable mothers and babies, the World Health Organization (WHO) said yesterday.

WHO director-general Margaret Chan said the

world's economic woes could set back public health campaigns meant to eliminate diseases and tackle root causes of poverty.

The crisis will also make people use public health services instead of private ones, adding to demands on public services. **REUTERS**

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Obama: Reversing a spiral

National Report



Lawrence Martin

Behold the lesson from the ones who are most remembered. To be an exceptional leader, you have to be an exceptional communicator. That's the Lincoln lesson, the Roosevelt lesson, the Kennedy lesson, the Reagan lesson and the Trudeau lesson.

And today, on inauguration day, it will be the Barack Obama lesson: A country can be moved as much by words as by deeds.

Obama may not change the policy direction of the United States to the large degree many hoped. In recent weeks, he has

sounded increasingly moderate and mainstream. He appears to be seeking consensus rather than radical change.

His appointments are predominantly centrist types. His anti-war talk has dimmed. He's been all smiles around George W. Bush. He even declined an opportunity to repudiate the vile Dick Cheney.

But he's proving something that leaders in Canada, where eloquence has been lacking for so long, have been slow to grasp. It's about inspiration. A



United States Presidential Inauguration

national leader's role is not to be one of the boys. It is to project something higher than the mundane. It is to uplift the country's conscience.

George Junior's frat boy talk was hardly suited for the greatest power on earth. Sarah Palin's low-brow "you betcha" schtick was OK at a pizza banquet for the local hockey team. But for a leader of the western world, forget it. Take a hike George, Sarah, Dick and y'all. Visit a dictionary. Look up "eloquence". And listen to Barack Obama today.

His historic oration hopefully will mark a turning away from a chapter in American history when it's been cool to be dense, when if you were seeking political office you were advised to hide your Ivy League edu-

cation. It's been a period — frequently referred to as the dumbing-down era — when to be erudite was decried as being elitist.

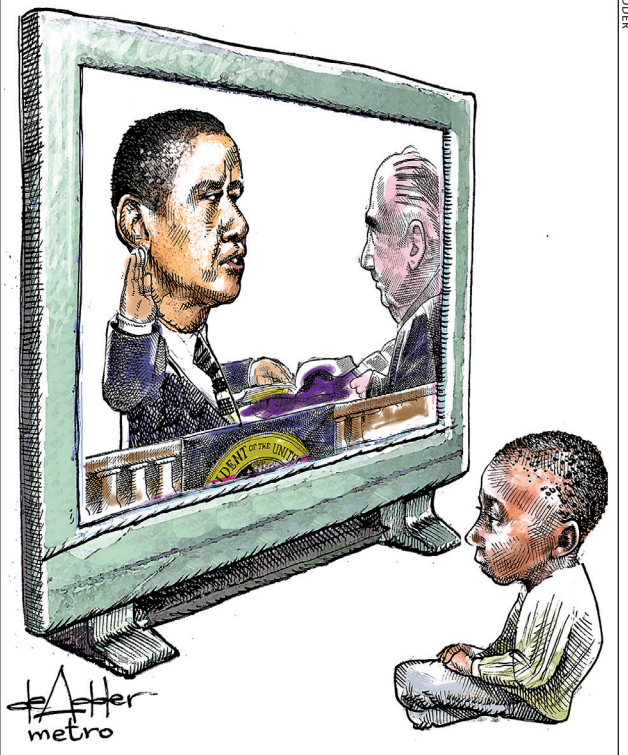
John F. Kennedy isn't remembered so much for what he did as for the style and the inspiration he brought. In the case of Pierre Trudeau, it's much the same. Each leader was seen as standing up for something higher. Each leader had his share of deficiencies, but Kennedy revitalized his country and so did, at least in his early years at the helm, Trudeau.

They weren't chasing after the lowest common denominator. They weren't mingling religion with politics. They weren't preying on people's base instincts.

That's the way down. Today, as the United States brings forward a beacon of inspiration, it's on the way to reversing that spiral.

Lawrence Martin is a Globe and Mail correspondent and author who writes about national affairs from Ottawa.

HISTORY



Worth mentioning

Hooping: From child's play to a grown-up workout

Hula Hoops, those baby boomer toys that fired a worldwide craze in the 1950s, have come back as must-have fitness tools to strengthen the core and battle the love handle.

The hoop is an ancient toy, fashioned from dried grape vines in ancient Egypt and depicted on vases in fifth-century Athens.

But today's hoops are bigger, heavier, gaudier and more portable. And on the hips of 21st-century practitioners, "hooping" has morphed from child's play to low-impact workout, aerobic dance, and path to enlightenment.

"Hooping transformed my entire life," said Christabel Zamor, founder and CEO of HoopGirl Inc.

According to Zamor, contemporary hooping has evolved into hoop dance — a form of fitness, healing and meditation for adults of all ages and ability levels. She

said hooping is often called "the new yoga" because of its holistic and wellness benefits.

To Zamor, whose program has licensed over 250 American Aerobics and Fitness Association-certified hoop dance teachers, contemporary hooping is all about fitness, self-esteem, and "getting your groove on".

"I was sedentary when I started hooping. But over time my body grew lean and my confidence soared," she said from her San Francisco headquarters.

The business of hooping in the 21st century is mainly a cottage industry of hoop teachers and hoop makers. But these entrepreneurs seem to agree that the newer, heavier, more efficient hoops are the key to the discipline's increasing popularity. **REUTERS**



Views

The centre of Obama's universe



Mona Eltahawy

Global View

I live in Harlem, New York City, which on election night was the centre of the universe. I have never seen people so happy.

Four days later, I went to the Axis of Evil, or at least that's how former (doesn't it feel good to say that?) U.S. president George W. Bush described Syria. And there in the Damascus market I bought a T-shirt that said simply "Obama." One line in Arabic. Another in English.

Two very different cities. One simple joy at the mere idea of Obama.

Three months later, I am back in the Middle East, and there is little joy. But Obama isn't the reason the region is heartsick and wary. Rather, it

is the absence of an Obama in the region that has sucked all joy out of it.

This morning in Doha, Qatar, the main photo on the front page of one of the national dailies was of Palestinians in Gaza lifting the decomposing body of a man onto the back of a pickup truck.

I am writing this from Tel Aviv, Israel, where at the airport an Israeli friend told me she is finally smiling again because with the ceasefire in place, she no longer has to worry her son will be sent to Gaza to fight.

So, how do we become audaciously hopeful in the Mideast?

Forget our audaciously awful leaders — and when it comes to the Arab-Israeli con-

flikt they are evenly spread on both sides. Focus instead on young people, who form the majority in the region.

That's where U.S. President Barack Obama (doesn't it feel good to say that?) comes in.

The realist in me reminds the foolish optimist that Obama will be preoccupied with the U.S. economy and won't be as focused on the Middle East as those of us from the region would wish. The poor man, trim and fit physique notwithstanding, must be weighed down by a burden of expectations from everyone.

But he can be the leader the region lacks. He can be the leader that tells our young people — Arab, Israeli, Iranian and Kurdish, take your pick — "Yes you can!"

"The old leaders in the Middle East have stopped dreaming. That's a tragedy. Young people still dream."

Prof. Mira Tzoreff

A young Egyptian blogger I met in Doha told me that listening to Obama's acceptance speech he felt he was listening to the late Egyptian President Gamal Abdel Nasser, known for his mesmerizing presence. The latter died long before the blogger was born, but that's how far he must go back to point to an Arab leader with a charismatic ability to galvanize the public.

"The old leaders in the Middle East have stopped dreaming," Prof. Mira Tzoreff told me as she and her husband drove me to my hotel. "That's a tragedy. Young people still dream."

President Obama, you still dream. Talk to the young people here and tell them their dreams matter.

Mona Eltahawy is an award-winning Egyptian-born commentator and public speaker on Arab and Muslim issues. She reported on the Middle East for 10 years before moving to the U.S.

It's your turn to tell others what you think. E-mail your thoughts and opinions to: edmontonletters@metronews.ca

Letters must include sender's full name, address and phone number — street name and phone numbers will NOT be published. We reserve the right to edit letters.

Russia and Ukraine signed a 10-year gas-supply deal yesterday, clearing the way to resume deliveries to Europe. Ukraine will buy Russian gas at a 20 per cent discount compared with European prices. The exact price was not disclosed. **REUTERS**

Business

EDITOR: FERMIN DESOUZA, FERMIN.DESOUZA@METRONEWS.CA

Inauguration **Merch mania**



A woman is pictured with U.S. president-elect Barack Obama merchandise as preparations continue for the inauguration at the U.S. Capitol in Washington, yesterday.

No loan relief?

Chris McNeil says Canada's banks are making it tough for working folks to dig themselves out of debt.

The 34-year-old administrative assistant finds it "troubling" banks only cut their prime rates to 3.5 per cent from four per cent last month, even as the Bank of Canada slashed its rate by 75 basis points to 1.5 per cent. And he worries banks may hold back again today.

The Canadian Bankers Association has recently argued that banks' total costs of borrowing have not fallen as far as the Bank of Canada's rate. The overnight rate is just part of banks' total funding mix.

Some economists suggest consumers may not see substantial relief in borrowing costs soon. While most expect the Bank of Canada to cut its overnight rate again today, not everyone is convinced that commercial banks

"My suspicion is that (banks) will pass only part of (the rate cut) along to borrowers."

Erin Weir

will pass on the full savings this time around.

"My suspicion is that they will pass only part of it along to borrowers," said Erin Weir, a United Steelworkers economist.

Beata Caranci, director of economic forecasting at TD Bank, said the central bank's lending rate is only one part of a bank's total financing cost: "From a risk valuation perspective, one would think that people and businesses are becoming a higher risk for the banks because the prospect of losing jobs is greater now than it was a couple months ago."

TORSTAR NEWS SERVICE

What Obama can do for Canada



Charles Davies

News Analysis

If his recent statements are any guide, U.S. president-elect Barack Obama will boldly confront America's economic plight in his inaugural address today. He'll stress the urgency of a stimulus package (roughly \$775 billion US, but potentially more than \$1 trillion US).

Canadians will listen as closely as Americans, since 80 per cent of our exports, and one in five of our jobs, depend on the U.S. economy. Anything Obama does to stimulate the U.S. economy will be good for us, but the measures will affect us in small doses over a long period, and there could be complications.

Anywhere from \$270 billion US to \$310 billion US of the Obama stimulus package will come from lower taxes for individuals and businesses. If people spend the extra cash, that will benefit Canadian exporters of everything from cars to forest products. If businesses use their refunds to expand and hire workers, that

United States Presidential Inauguration

indirectly benefits us, too.

But if individuals save their refunds, that money will have to be funneled through a newly risk-averse financial system before it has any effect. And if businesses use their refunds defensively — reducing debt — their prudence will actually slow a broader recovery that would help Canada.

Benefits from Obama's broad but unspecified plans for infrastructure development are cloudy — though under the North American Free Trade Agreement, Canadian companies could conceivably could win a share of the \$136 billion US of public projects said to be "shovel-ready."

Of course, NAFTA itself may be up for renegotiation if U.S. protectionist elements get their way, and stricter border regulations would slow trade. Stimulus package or not, Canadians should get ready for a long and bumpy ride.

Charles Davies is a veteran business writer and editor who has worked for news organizations and publications including Business Week, Canadian Business, Report On Business magazine, Reuters, and Financial Post.

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Homeowners go cautiously green

HOMES Though demand for green products and services remains high in the downturn, big-ticket items are a harder sell.

Early adopters of green technologies are less affected because they tend to have higher disposable income, so the challenge is pushing pricier technologies into the mainstream.

Other companies say customers are willing to pay to make a green statement.

TORSTAR NEWS SERVICE

In brief

AUTOS Industry Minister Tony Clement said the Canadian arms of General Motors and Chrysler should wrap up talks with Ottawa on restructuring plans, before the Feb. 20 "drop dead" date to agree to government aid.

REUTERS

INVESTMENT The federal government said it would put \$350 million in the Business Development Bank of Canada, which will allow it to provide an additional \$1.5 billion in financing to small- and mid-sized businesses.

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business 9

Your Money

EDITOR: NINA DRAGICEVIC, NINA.DRAGICEVIC@METRONEWS.CA

Words from the moneywise

SmartCookies



smartcookies.com

When we made the decision to get our financial lives in order, the first thing we did was spend hundreds of dollars on money guides. Sound crazy? It was. So to save you from this mistake, we've compiled a list of our favourites. Now of course, the No. 1 must-have is Smart Cookies' Guide to Making More Dough (wink, wink), but here are our top picks.

Andrea's Pick:

Suze Orman's 2009 Action Plan, by Suze Orman

Suze Orman is known for her no-nonsense smack-down style, and this book is no exception. 2009 Action

Plan, is a simple, step-by-step guide on how to get back on track and into financial shape if you've fallen off the wagon due to the present economic disaster. Plus, it's half the price of a regular financial book in book stores.

Sandra's Pick:

Make Money Not Excuses, by Jean Chatzky

Prior to becoming Smart Cookies, we had excuse after excuse as to why we just couldn't save, invest, or make more dough. After reading this book we realized that a: we weren't alone (the author even shares her own money mistakes!), and that b: confronting our money mishaps was the first step in reaching financial freedom. Plus, you'll love the simple solutions to your everyday money concerns.

Angela's Pick:

Smart Women Finish Rich, by David Bach

In the early days of our money group this was our guide (we even took part of the title to create our

name!) When reading this book, I started to think about my money not as a number in the bank or a source of stress but as a means to living my richest life (in all senses of the word.) It's a step-by-step guide to becoming a financially savvy and self-sufficient woman and every Smart Cookie should read Smart Women Finish Rich!

Katie's Pick:

Freakonomics, by Stephen Dubner and Steven Levitt

I am a sucker for a good storyteller. And a book that can analyze different socioeconomic phenomena in a humorous and engaging way will definitely earn my respect. Freakonomics examines what people will do to get what they want. And while it's not your typical financial how-to book, it does offer some great lessons on questioning the different financial incentives we encounter.

Robyn's Pick:

The Wealthy Barber, by

David Chilton

Although it's been 20 years since this book was first published, the core concepts continue to ring true. Chilton was certainly not the first to introduce the idea, however he certainly made it clear that paying yourself first is one of the fundamentals in living your richest life. As a book that has sold nearly three million copies, and is the best-selling Canadian book of all time, Chilton's concepts are definitely well respected within the financial field.

Tune in Monday nights at 10:30 p.m. EST/PST on the W Network and be sure to visit smartcookies.com for more tips.

Investing

Allan Small

What will get the market moving ahead in 2009? Read this week's column at metronews.ca



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No income, no taxes, right?

Q Last November, I received a request from Revenue Canada to file a tax return for 2004-07. In 2003, I was laid off from work; the payout was generous and I decided to start my own business. Currently, my income is derived from investment dividends and interest. Profits from the business are insignificant. My total income is less than the basic personal exemption. Therefore, I would owe no taxes. Many of my colleagues agree: I do not have to file a tax return, unless I owe taxes! How do I get them off my back? **Ali**

A Your age or marriage status isn't very clear, but it must be a challenge to live on income that you describe.

You're partially right: Individuals must file a tax return if taxes are owed.

MoneyMatters

Henry Choo Chong

choochonghcg@yahoo.ca

However, there are many other circumstances that obligate you to file:

- CRA has made a request. This obligates you to file.
- An individual has disposed of property. Although you receive investment income less than the basic personal exemption, if you sold real estate, stocks, or owned mutual funds, gains may exist.
- If your profits from the business exceed \$3,500, you may have a CPP obligation.
- Repayments of RRSP HBP or LLPs.
- Repayments of OAS or employment.

Reach Henry Choo Chong, CGA, at choochonghcg@yahoo.ca.

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Sports



Lemieux likely to suit up for Sharks tonight
Claude Lemieux is back in the NHL, joining the San Jose Sharks at age 43 in hopes of one more run at the Stanley Cup. Lemieux is likely to play tonight in Vancouver. **METRO NEWS SERVICES**

Dempster out for WBC

Ryan Dempster, left, has bowed out of Team Canada for the World Baseball Classic. Fellow Chicago Cubs teammate and B.C. native Rich Harden was named on the 45-man provisional roster released yesterday, but shoulder concerns could put his participation in doubt.

METRO NEWS SERVICES

JOHN.CHICK@METRONEWS.CA

Sports in brief

CFL The CFL has lost its best defensive player to the NFL. Cam Wake has signed a four-year deal that could be worth \$5 million US with the NFL's Miami Dolphins. The deal by far makes Wake the highest-paid option-year player ever to leave the CFL for the NFL. Wake recorded 39 sacks in 38 regular-season games in the CFL and was chosen the CFL's defensive player of the year in each of the past two seasons for the BC Lions.

METRO NEWS SERVICES

SOCCER Brazilian playmaker Kaká rejected a world record move to Manchester City yesterday and pledged his immediate future to Italian side AC Milan. Media reports said English Premier League side City, who became the world's richest club after they were taken over by the Abu Dhabi United Group in September, had bid 110 million euros (\$145 million US) for one of soccer's most-coveted players.

REUTERS

Wild take down Blackhawks

NHL RESULTS

Wild 4 Blackhawks 1

Niklas Backstrom made 40 saves, and Marek Zidlicky had two power-play goals and an assist to lead the Minnesota Wild to a 4-1 victory over the Chicago Blackhawks last night — only Chicago's third regulation loss at home this season.

Owen Nolan had two assists for Minnesota. Martin Havlat had the lone goal for the Blackhawks, and Nikolai Khabibulin had 21 saves.

Havlat's goal came at exactly 10:00 of the second period, earning a fan \$1 million US as part of a promotion with the Illinois State Lottery.

Backstrom made several saves to preserve the



Alex Ovechkin celebrates his game-winning goal in overtime yesterday against the Islanders.

Wild's victory. Minnesota jumped ahead 3-0 by early in the second, but Chicago dominated the second half of the game. Backstrom's

flashiest save was a point-blank stick stop on Patrick Kane.

CAPITALS 2, ISLANDERS 1 (OT)

Alexander Ovechkin scored twice, including the game-winner with 3:14 left in overtime as the Washington Capitals edged the New York Islanders, 2-1 yesterday.

Sergei Fedorov skated

METRO NEWS SERVICES

the puck into the New York end and slammed on the brakes at the right circle.

He fed a short pass over to Alexander Semin, who skated to the low right side and fed the puck out front for Ovechkin, who one-timed the puck home for his league-leading 31st goal of the season.

NBA RESULT

Raptors 84 Hawks 87



Joe Johnson hit the game-winner with 12.5 seconds left as the Atlanta Hawks edged the Toronto Raptors 87-84 on Martin Luther King Day in King's hometown of Atlanta.

Chris Bosh logged 22 points and 14 boards and Andrea Bargnani gave 20 and 10 for the Raptors, who have lost a season-high six straight games. Jamario Moon's three-pointer late in the game tied it up and Bosh's long jumper gave the Raptors an 80-78 lead with about four minutes left. Toronto squandered its next two possessions and then Johnson hit a jumper with Moon in his face to give the Hawks an 87-84 lead with 12.5 seconds left to play.

"For the most part we played pretty good," said Raptors head coach Jay Triano. "Our mental toughness has to get better."

METRO NEWS SERVICES

Pinball likely out as Argos CEO

Michael (Pinball) Clemons, arguably the most popular figure in Toronto's sports history, is likely out as the Argonauts' CEO, sources tell Metro.

Clemons, they say, might remain with the Argos in a front-office and/or ambassador capacity but his agent, **Gil Scott**, isn't sure.

"I really don't know what's going on with Pinball," Scott said. "I can't get a straight answer."

Neither Clemons nor Argos co-owners **Howard Sokolowski** and **David Cynamon** could be reached by Metro yesterday. General manager **Adam Rita** was contacted at the Senior Bowl in Alabama, where he

YorkReport

Marty York

marty.york@metronews.ca

is scouting, but his cell-phone disconnected after he was asked about Clemons and it went straight into voice mail the rest of the afternoon. While Clemons may be mulling over a non-executive offer from the Argos, the sources say ownership is close to hiring a new CEO.

Clemons, 44, became the Argos' head coach during the 2000 season after a legendary playing career in Toronto that started in 1989 and landed him in the Canadian Football Hall of Fame. He finished with a coaching record of 68-55-1 and led the Argos to the Grey Cup championship in 2004. He was appointed CEO before the 2008 season and hired his defensive co-ordinator, **Rich Stabler**, as his head coaching successor. He also was responsible for trading

for quarterback **Kerry Joseph**, who was chosen the CFL's top player with the Saskatchewan Roughriders in 2007. Both Stabler and Joseph flopped. Clemons fired Stabler in mid-season and replaced him with **Don Matthews**, who went 0-8.

Last week, when the Argos hired ex-NFL assistant **Bart Andrus**, Clemons wasn't consulted and didn't attend the news conference that introduced the team's newest head coach.

• One of Canada's premier sports columnists is retiring early.

William Houston, whose Truth and Rumours became must-read material after it launched in 1991, has accepted a buyout from The Globe and Mail and will write his final column next month.

"Bill ripped me a lot early in my career, but he made me better," CBC sports reporter **Elliotte Friedman** said. "He was fair."

From ex-TSN and Sportsnet anchor **Jim Van Horne**: "He made the media look over their shoulders and forced them to be honest."

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Steelers by 7

• The Pittsburgh Steelers have been established by oddsmakers as seven-point favourites over the Arizona Cardinals for the Super Bowl in Tampa Bay on Feb. 1.

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Health & Beauty

EDITOR: ANN-MARIE COLACINO, ANN-MARIE.COLACINO@METRONEWS.CA

Estrogen in your moisturizer?

CELIA MILNE
for Metro Canada



Moisturizers — particularly ones that “re-junevate” your skin — may contain estrogen without mentioning it in the ingredient list. This was the conclusion of a small study in the U.S.

For the study, 16 moisturizers were analyzed in a laboratory to see if they contained estrogen. The creams were all commonly available, and ranged in price from \$10 to \$100. Six of them contained measurable levels of estrogen. Yet none listed estrogenic hormones on the label.

This means that women may be exposing themselves to small amounts of

estrogen without knowing it.

The leader of the study was Dr. Adrienne Olson, a doctor of pharmacy and a survivor of a type of breast cancer called estrogen-receptor positive breast cancer, which is exacerbated by higher levels of estrogen in the body. She wondered during her own breast cancer treatment if she and other women might be dousing themselves daily with extra estrogen through their moisturizers.

She suspected that products promoting a youthful appearance might contain estrogen.

Olson, a volunteer for Breastlink in Long Beach, Calif., collected the 16 samples and sent them to a research laboratory where

they were analyzed for the presence of estradiol, estrone and estriol. Her collaborators in the study were Dr. John Link (MD) and Dr. Tom Kupiec (PhD) of Analytical Research Laboratories in Oklahoma City, Okla.

One of the products was found to contain estrone and five of them contained estriol. Other products may contain lower levels of estrogen not detected in this test, said Olson.

It is not clear whether skin exposure to estrogens has an influence on ER-positive breast cancer, but Olson errs on the safe side.

“As an ER-positive breast cancer survivor, I am now choosing to use baby oil — until further data is available,” she told Metro in an e-mail message.

Olson presented her study at the San Antonio Breast Cancer Symposium in late 2008. She did not give out brand names

“I am now choosing to use baby oil — until further data is available.”

Dr. Adrienne Olson, a doctor of pharmacy

of estrogen-containing products because companies frequently change their formulas.

The main purpose of the study was to encourage the cosmetics industry to produce moisturizers free of estrogen and label them as such.



ISTOCK PHOTO

In a recent U.S. study of 16 moisturizers, six of them contained measurable levels of estrogen.

Intellect linked to sperm count

The J Spot

Josey Vogels

Sex talk with Josey

You may think it's the potential for brilliant conversation that makes intelligence such an attractive trait in a man but it may be that his intellect is a sign of something else: According to researchers, smart guys have higher sperm counts.

The researchers at King's College London, the University of Delaware and the University of New Mexico compared results from intelligence tests given to 425 guys aged 31 to 44. The men also provided sperm samples and upon analysis, the researchers found the men who scored higher on the intelligence test not only had more sperm per milliliter, but their sperm were also better swimmers.

Previous theories believed that highly intelligent men might score less stressful jobs and make better lifestyle choices, resulting in better health and healthier sperm. But, according to the researchers in this study,



A recent study showed that men who scored higher on an intelligence test had more sperm per milliliter.

even the smart guys with poor health had higher sperm counts, causing them to speculate that indicators of intelligence and good sperm may ride in on the same gene float.

But before all you less-than-brilliant lads get down on your little swimmers, take heart in the fact that semen has some other neat tricks up its sleeve besides delivering super sperm. For example, there is evidence that semen can make a girl happy, and not in ways you might think.

Researchers have found that women who regularly had unprotected sex with their partner were less depressed than women who regularly used a condom. Having ruled out other explanations, they think this is because mood-altering hor-

mones in semen are absorbed through the vagina.

Of course, before you go having unprotected sex as a mood enhancer, it goes without saying that an unwanted pregnancy or an STD would no doubt put a damper on your natural high.

And while the health and vitality of a man's sperm may be a going concern (especially if he's trying to have kids), seminal fluid is much more than a spermatozoa carrier. In fact, sperm makes up only about one per cent of its contents. So, even if your little tadpoles aren't the best swimmers, it's still important to monitor the quality of the pool water.

Josey Vogels is a sex and relationship columnist and author of five books on the subjects. For more info, visit joseyvogels.com.

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Settling into his 15-month stint in a north London prison, Boy George has already landed a job behind bars. The flamboyant singer — who was convicted of falsely imprisoning a male escort — is working in the prison canteen serving food to other inmates, according to South Africa's News 24. **METRO NEWS SERVICES**

Serve 'em up, George

Entertainment

EDITOR: DEAN LISK, DEAN.LISK@METRONEWS.CA



And the winner isn't...

Katy Perry was accidentally presented with the best international song award at France's NRJ Awards in Cannes. The award should have been presented to Rihanna, the BBC reports.

METRO NEWS SERVICES

Nova Scotia town is next to lose its women

JON TATTRE
for Metro Canada



When the women left Tatamagouche, N.S., Jimmy LeFresne watched with foreboding. "Once the buses were gone, it was silence, like a void. There was no jumping for joy. Then it kicked in: 'They're gone, so now what?'"

LeFresne, 50, owns the north-shore town's Train Station Inn; he's also the elected councillor. When CBC TV's *The Week the Women Went* whisked the sleepy community's ladies away to a luxury hotel,

they took his staff with them.

"I had to tell the men of the community, 'I need help here!'" he laughs. "I had another councillor come over, I had the local RCMP cooking meals. It was quite something. Some coped very well and some ... struggled, we'll say."

Like many in the 700-person town, LeFresne had a microphone on at all hours. "You tried to be on your best behaviour, but there are times when things just fall about. All of a sudden, you've done

something and you think, 'Oh my land, it's on film.'"

He hopes the program will show people Tatamagouche is not the dying East Coast community of stereotypes.

"We're far from that. If a wrench is thrown into the mix, we deal with it," he said. "If you talk to anybody in our community, we don't think it's a slow pace, because we're going full-tilt all the time."

Asked how he thought a *Week the Men Went* would go, LeFresne burst out laughing. "I think (the women) would notice.

On TV

• Season 2 of *The Week the Women Went* starts at 8 p.m. tomorrow on CBC-TV.

There's two sides to the story."

Cal Shumiatcher, the executive producer, says he wanted a "romantic" location in the Maritimes.

"Tata just shone — we had so much fun," he explains from his Vancouver office. "It's wonderful when people open up their lives and show you what they're about."



The women of Tatamagouche, N.S. brave a storm as they leave town for a week of pampering.

CBC-TV



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Mariah Carey goes from Glitter to grim at Sundance film festival

FILM Singer Mariah Carey has taken a break from pop stardom to act in new movie *Push*, but far from her lead role in semi-autobiographical *Glitter*, Carey has opted for a supporting part in this often grim tale.

In fact, the real star of *Push*, which debuted this past weekend at Sundance, is an unknown actress from Harlem, Gabourey Sidibe, playing an obese, overburdened 16-year-old named Precious Jones who is twice impregnated by her father and is beaten by her mother. Yet, she also has adults who look out for her, and one of those is welfare case worker, Mrs. Weiss, played by Carey.

With her stringy hair and



Mariah Carey with husband Nick Cannon at Sundance.

no nonsense attitude, Mrs. Weiss is far from the glamorous role Carey took in 2001's *Glitter*, loosely based on her own rise to pop music stardom. While *Glitter* was panned by critics and earned only \$5.3 million US at global box offices, *Push* is based on a best-selling novel and directed by Lee Daniels, who produced *Monster's Ball*.

REUTERS

Cruise says he 'always wanted to kill Hitler'

FILM Tom Cruise, who fails to assassinate Adolf Hitler in his new film *Valkyrie*, said he grew up wanting to kill the Nazi leader. In the



Tom Cruise

Second World War thriller based on a true story of the unsuccessful attempt by German soldiers to kill Hitler, Cruise plays an officer who plants a bomb at Hitler's military headquarters. "I always wanted to kill Hitler, I hated him," the star said during a visit to Seoul to promote the film. "As a child studying history and looking at documents, I wondered, 'Why didn't someone stand up and try to stop it?'"

REUTERS



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Wild Things

Christina Aguilera and husband Jordan Bratman threw a Where the Wild Things Are-themed party Saturday afternoon to celebrate the first birthday of son Max, who turned one last week. PEOPLE.COM



Nickel Eye's solo Strokes

Bass player mines inspirational roadtrip on new album

Nikolai Fraiture has come a long way since he dropped out of college at 19 to travel, Jack Kerouac style, across America. But on The Strokes bassist's debut album he decided to venture back 11 years and mine those heady days for material.

"It was a very interesting time," says Fraiture, who plays under the name Nickel Eye when he's not slapping bass strings with his other band. "It was not what I expected from my young, ideal dreams; I was pretty disillusioned."

Although the trip was more than a decade ago, Fraiture managed to find old notebooks filled with his writings. "They were in a shoebox," he says. "I went through them for inspiration and the majority of words came from that."

While he might have had the lyrical foundation for his tunes, writing music on his own for the first time was an eye-opening experience.

Until penning tracks for



JUSTIN JAY PHOTO

The Time of the Assassins, the debut solo disc from Strokes bassist Nikolai Fraiture, will be available in stores and online next week.

his new record, The Time of the Assassins, he'd only concentrate on adding bass to The Strokes' songs. Now he was forced to look at the big picture.

"This experience really helped me understand what everyone else is doing," he explains. "Before, I could push my part at the sake of a song. But I've

learned different things and I see them from a different point of view now."

Fraiture admits that his new disc is a "challenging listen all around," but in reality it's not too far off from what a toned down Strokes album might sound like. His voice is oddly similar to Julian Casablancas', though he

mumbles a lot more and the music is nearly as infectious and passionate — minus the distortion — as his other group's tunes.

So, if the music's not that far off from what he plays in his day job, why's he releasing his own batch of tunes? "We had a lot of time off with The Strokes," he says. (The fivesome's last album was released in 2006.) "And I couldn't wait around any longer."

After a year and a half of writing, he found himself with an album. But after all that work, it's unlikely he will have a lot of time to promote it — The Strokes are finally going back into the studio in February. Nickel Eye's not upset though, for him The Strokes is still his top priority. "I can't speak for everyone, but for me, I definitely want to be in this band. When you're on tour for so long everything becomes the same. We just needed to re-group."

Plotlines Lost on viewers

MOST SUITABLE TITLE EVER: Ten years ago I found myself sucked into the rush of episodic shows and long-running storylines when I was overcome with a brief but intense addiction to Coronation Street.

I hadn't a clue who the characters were, but there was something compelling about their banal but vivid lives that had me watching every day for a month.

A pair of stories on the return of Lost this week underlined how the show's wild tangle of plotlines has become taxing for all but the most dedicated of viewers. A story on sci-fi-wire.com revealing that season five will see the series go into "answer mode" underlined this problem, and featured teasers, like the one that "viewers will see more of Jin (Daniel Dae Kim), who is a series regular this year, though his character apparently perished last year."

IntelleVision

Rick McGinnis



rick.mcginis@metronews.ca

A New York Times story echoed the confusion experienced by anyone new to the show, or at the disadvantage of missing a few episodes: "What ever happened to the four-toed statue? Why do some inhabitants of the island never seem to age? What is the Smoke Monster?"

The Times piece profiles Gregg Nations, the script supervisor and co-producer tasked with the job of "untangling the seemingly impenetrable mass of plotlines that have become addictive to some viewers of the show and alienating to others."

Shows as labyrinth as Lost guarantee that they'll have fewer, not more, viewers than the number that tuned in at the start, and the three million that have been shed since the first season proves this.

Rick McGinnis writes about music, movies, books and television

In brief

PEOPLE Jeopardy! host Alex Trebek will moonlight on the CBC as host of the reality competition series Canada's Next Prime Minister. He will share the stage March 18 with three former prime ministers as they field pitches from four would-be politicians.

REUTERS

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Kenya Hunt

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	3	KHQ	- 370	News (N)	Be-Millionaire	Jeopardy! (N)	Wheel-Fortune	The Biggest Loser (N)				Dateline NBC
	4	CBXT	- 307	Coronation St.	Jeopardy! (N)	Rick Mercer	22 Minutes	Wild Roses (HDTV) (N)		CBC News: The National		The Hour
	6	KREM	- 372	News (N)	Hollywood	The Doctors		NCIS (HDTV)		Dream Big Dream		The Mentalist
	7	CKEM	241 347	Law & Order: SVU	Virginie (SC)	A Moment in History		Privileged (HDTV) (N)		Scrubs	Scrubs	Your City
	8	CITV	240 339	ET Canada	Entertainment	90210 "By Accident" (N)		NCIS (HDTV)		Kitchen Nightmares (N)		News Hour
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	16	KAYU	- 373	The Simpsons	Raymond	Two/Half Men	Two/Half Men	American Idol Auditions.	(10:01) Fringe (N)			News (N)
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	22	KSPS	- 374	NewsHour With Jim Lehrer		Nova (N) (DVS)		Wild!		Frontline (N) (DVS)		Independent
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	14	YTV	552 543	Drake & Josh	iCarly	Scorpion	Prank Patrol	Malcolm-Mid.	Futurama	Prank Patrol	Prank Patrol	Falcon Beach
	17	TREE	553 546	Little Bear	Maggie-Beast	Comfy Couch	Rolie Polie Olie	Max & Ruby	Babar	Backyardigans	Dora-Explorer	Go, Diego, Go!
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	32	DISC	520 505	Destroyed	Time Warp (N)	Toughest Race: Iditarod		Daily Planet		Destroyed	Time Warp	Race: Iditarod
	33	SLICE	601 562	Rich Bride, Poor Bride		End of Leash	End of Leash	ET Canada	Matchmaker	Date My Ex: Jo & Slade		Trading Sp
	34	W	602 567	Style by Jury	Style by Jury	Will & Grace	Friends	Extreme Celebrity Love Splits		Style by Jury	Style by Jury	Good Naked
	35	TLC	521 560	Raising 16 Children		17 Kids and Counting		16 Children and Moving In		Raising 16 Children		17 Kids-Count
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	43	SPACE	627 528	The Dresden Files		Destination Truth		Stargate SG-1		Star Trek: Next Gener.		Deep Space 9
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	48	TROP	619 525	What Happen?	What Happen?	Planet Soap	Big Screen	Family Guy	Seinfeld	Seinfeld	Raymond	Family Guy
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critics' corner

Wild Roses

The rivalry between the McGregors and the Henrys comes to the rodeo ring in this new episode. David learns that the daughter of a prospective supplier is entering a rodeo in which Kate is competing, and he asks his bull-riding son, Peter to train the young woman — bad news for Kate in "Friends and Rivals." 9 PM on CBXT



Dreams of Obama

On the day that the United States inaugurates its 44th president — and its very first black president — this new documentary revisits Barack Obama's personal life and political achievements to date. Law-school classmates and associates from his days in Chicago politics are among those sharing their insights. 8 PM on CBCN

NCIS

In this encore of the sixth-season premiere, Gibbs, still puzzled over Vance's decision to disband his team, is startled to discover it's connected to the murder of a naval petty officer. Michael Weatherly in "Last Man Standing." 9 PM on KREM. CITV



Usmagazine.com is reporting Jessica Simpson will be a newlywed again. "An engagement is on the way," a source says in the new issue of Us Weekly. Simpson and her football beau, Tony Romo, are "getting there — and they will announce it when it happens." **METRO NEWS SERVICES**

Celebrity Buzz

Winehouse good for St. Lucia: Minister

TOURISM Amy Winehouse has won an important fan in St. Lucia — the tourism minister, ananova.com reports. Allen Chastanet has praised the singer for bringing publicity to the Caribbean island.

While local reports have concentrated on the darker side of Winehouse's antics, it seems every picture of her smiling or mixing with the locals is a boost for the island, the website says.

Winehouse arrived in St. Lucia in December to stay at the luxury Le Sport resort and local media have been following her around ever since. They have accused her of everything from throwing a drink on a tourist to being sick at breakfast.

But Chastanet disagrees and says his government has sent her a gift basket of local goods to thank her

for the publicity.

In a competitive world, he said, "Any edge that you can get, you hang on to it."

The singer's rocky marriage and problems with drugs have been widely reported and it is believed she went to the island to help her recovery.

Winehouse has said that going to St. Lucia "has changed everything." She says she's



getting loads of exercise, eating brilliantly and has been able to relax.

The singer's husband Blake Fielder-Civil, who has been in and out of prison in recent months, filed for divorce from jail after seeing pictures of his wife with another man on the island.

St. Lucia can look forward to more publicity — with the troubled star saying she is having such a good time, she has no plans yet to return to the U.K.

METRO NEWS SERVICES

Kelly arrested for alleged assault

CHARGES Turns out Kelly Osbourne was arrested earlier this month — for an incident that occurred in August. According to Sky Showbiz, British gossip columnist Zoe Griffin finally got around to pressing charges against Osbourne for assaulting her last summer. Griffin had raised Osbourne's ire by publicly ridiculing Osbourne's 19-year-old fashion model fiancé, Luke Worrall, for being a bit of a dim bulb. Osbourne is out on bail, according to London police.

METRO NEWS SERVICES



Road's 'twisted family'

ON SET Leonardo DiCaprio says starring in Revolutionary Road was like being in a "weird, twisted family," reports femalefirst.co.uk.

The 34-year-old actor — who reunited with Titanic co-star Kate Winslet in the new drama — insists filming love scenes with Kate felt "completely natural and comfortable," even though the actress' husband Sam Mendes directed the film.

Leonardo added Kate — who won a Golden Globe Award for her role in the film — is no differ-

ent from when they first worked together.

"She has not changed at all. She's one of the most real people I've ever met and such a great friend. We've been support mechanisms for each other for a long period of time and will continue to be," he said.

Leonardo added both he and Kate are more "experienced" since they first appeared on the big screen together, which he believes helped them give such strong performances in Revolutionary Road.

METRO NEWS SERVICES



Heche confirms it's a baby boy

PREGNANT Anne Heche is having a baby boy, femalefirst.co.uk reports.

The Nip/Tuck star has confirmed she is expecting a son with her partner, Nova Scotia native James Tupper, and is very excited by the news.

Heche — who has six-year-old son Homer from a previous relationship — sparked rumours about the sex of the baby earlier this month when she apparent-

ly couldn't keep the news under wraps.

A source said: "She told people she was having a boy. They were so excited to be picking things out for a little boy."

Heche met actor Tupper on the set of her TV show Men In Trees in 2006 when she was still married to ex-husband Coleman Laffoon.

METRO NEWS SERVICES



Snoop asks Madge, Becks for visa help

FRIENDS Snoop Dogg has reportedly begged Sir Paul McCartney and Madonna to help him get into the U.K., femalefirst.co.uk says.

The rap star — who has also called on soccer ace David Beckham to back his cause — wants his A-list friends to write to British Prime Minister Gordon Brown to insist he is granted a visa.

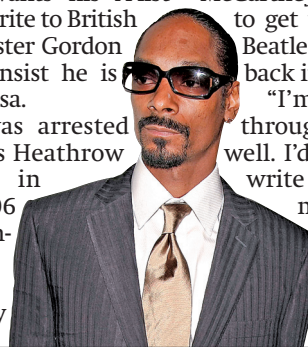
Snoop was arrested at London's Heathrow airport in April 2006 after his entourage vandalized a whiskey

shop and attacked seven police officers when they were turned away from the first-class lounge.

Snoop said: "I love London and I'm desperate to come back. I've called David Beckham, Sir Paul McCartney — hell, I want to get the whole of the Beatles to help me get back in."

"I'm trying to get through to Madonna as well. I'd love them all to write to the prime minister to change his mind."

METRO NEWS SERVICES



Knoxville accused of carrying fake grenade

AIRPORT TV prankster Johnny Knoxville was detained for allegedly bringing a fake grenade into an airport. Security screeners at Los Angeles International Airport detected the grenade in the Jackass star's hand luggage, ananova.com reports.

It was investigated by a

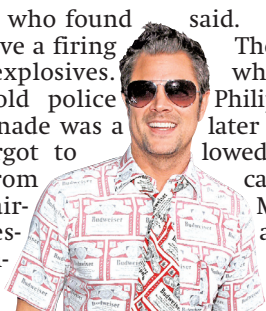
bomb squad who found it did not have a firing pin or explosives.

Knoxville told police that the grenade was a prop he forgot to remove from his bag, airport spokeswoman Nancy Castles

said.

The 38-year-old, whose real name is Philip John Clapp, was later released and allowed to board an American Airlines flight to Miami, the website adds.

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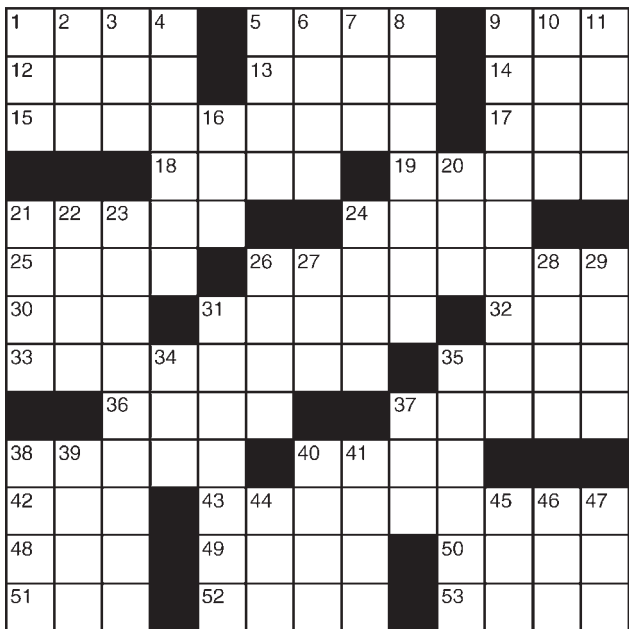
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Michele McDougall, Weather Specialist & Host – Breakfast Television

"My favourite part is reporting the weather. It fascinates me, and as we know around here, it's always changing, keeping forecasters on their toes."

WEEKDAYS AT 6 AM



Crossword across

- 1 Pleased
- 5 Low voice
- 9 Comedy's DeLuise
- 12 Highly rated
- 13 Friend
- 14 Raw rock
- 15 Dangerous fish
- 17 Oscar Wilde's sine qua non
- 18 Charged bits
- 19 Valentino's dance
- 21 Chocolate source
- 24 Beatles movie
- 25 Money of Iran
- 26 Squashed with the feet
- 30 Egos' counterparts

- 31 Adolescents
- 32 Exist
- 33 Maryland city
- 35 Talking bird
- 36 Family member
- 37 "Star Wars" weapon
- 38 Sounded like a crow
- 40 Scratched (out)
- 42 Literary collection
- 43 1987 Woody Allen film
- 48 Eddie of vaudeville
- 49 Wading bird
- 50 Duel tool
- 51 Type measures
- 52 Reply to "Shall we?"
- 53 Whatever remains

Crossword down

- 1 Petrol
- 2 Parcel of land
- 3 Blackbird
- 4 No
- 5 Hoedown
- 6 "Sad to tell, ..."
- 7 Crafty
- 8 Methods
- 9 Makes less important
- 10 First (Abbr.)
- 11 "Take — your leader"
- 16 Sticky stuff
- 20 Matterhorn, for one

- 21 Home, in today's jargon
- 22 Staffer
- 23 Gilligan and his companions
- 24 Mandlikova of tennis
- 26 Criterion
- 27 Roulette bet
- 28 Sea eagle
- 29 Letter opener
- 31 Ivy
- 34 Coloration
- 35 More irate
- 37 Zodiac feline
- 38 Eatery

- 39 Any time now
- 40 Redact
- 41 Part of SWAK
- 44 Honest politician?
- 45 Mimic
- 46 "Of course"
- 47 Prepared

PREVIOUS DAY'S CROSSWORD AND SUDOKU ANSWERS:



9	3	5	7	4	1	2	6	8
7	6	4	3	2	8	5	9	1
2	8	1	5	6	9	3	4	7
3	1	7	6	9	2	4	8	5
5	9	8	4	1	3	7	2	6
4	2	6	8	5	7	9	1	3
1	5	2	9	7	6	8	3	4
6	7	3	2	8	4	1	5	9
8	4	9	1	3	5	6	7	2

Find today's answers + play more games at metronews.ca

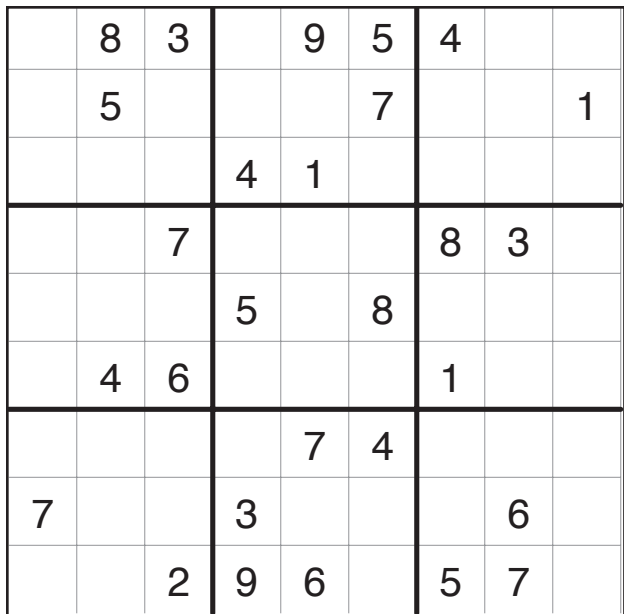
SUDOKU SOLVE TIME:

Under 13 minGenius
13-17 min.....Scholar

17-21 minSmart
21-25 minNot bad
25+ min.....Keep practising

Sudoku

HOW TO PLAY: Digits 1 through 9 will appear once in each zone – one zone is an outlined 3x3 grid within the larger puzzle grid. There are nine zones in the puzzle. Do not enter a digit into a box if it already appears elsewhere in the same zone, row across or column down the entire puzzle.



Metro Recipe of the Day



Cheesy Chickpea Enchiladas

INGREDIENTS:

- 1 medium red onion
- 2 tbsp (25 ml) corn oil
- 1 clove garlic
- 1 small red chili pepper
- 1 lb (500 g) tomatoes
- 1 can (19 oz / 540 ml) chickpeas
- 1 tsp (5 ml) ground cumin
- Salt and black pepper
- 1/4 lb (125 g) old Cheddar cheese
- 1 small iceberg lettuce
- 4 soft flour tortillas, 7-8 in. (18-20 cm) in diameter

TO SERVE:

Thick natural yogourt or sour cream and sprigs of coriander as garnish

METHOD:

1. Preheat grill to high. Peel and thinly slice onion. Heat corn oil in frying pan and fry sliced onion over fairly high heat, stirring, until softened and lightly browned.
2. Peel and crush garlic, then rinse, deseed and slice chili pepper. Rinse and chop tomatoes. Drain

and rinse chickpeas.
3. Stir cumin into onion, then add garlic, chili pepper, tomatoes and chickpeas. Cook them over moderate heat, stirring occasionally, 5-8 minutes, until most liquid has evaporated, then season.
4. Coarsely grate cheese. Rinse and dry coriander and rinse, dry and shred lettuce.
5. Lay tortillas flat and divide lettuce among them. Spoon chickpea mixture down centre of each, fold sides over, and lay in oven-proof dish. Sprinkle with cheese and grill until melted.
6. Serve with yogourt or sour cream, garnished with coriander.

SERVES 4

rd.ca

For nutritional information on this and other great recipes, go to rd.ca or check out Key Ingredients in this month's Reader's Digest, on newsstands now!



Horoscopes

AVATAR VENUS

ARIES

MARCH 21-APRIL 20

Cruel humour creates a bad situation. Put off making any decisions until tomorrow. A weird playmate will finally arrive.



TAURUS

APRIL 21-MAY 21

An impulsive eccentric has your best interest in mind. Trade your tales with a seeker. You can now ditch a stumbling block.



GEMINI

MAY 22-JUNE 21

Make apologies in order to comfort others. An unreasonable analyst develops empathy. News will come regarding an investigation.



CANCER

JUNE 22-JULY 22

A self-righteous person will be unrewarded. You're forced to deal with excitement. Work secretly to help someone out.



LEO

JULY 23-AUG 23

Your friendliness strengthens a relationship. Family issues develop into a setback. Details are more trouble than they're worth.



VIRGO

AUG 24-SEPT 22

A sweetheart will cause confusion. Visit with friends who will ease your mind. A meeting is avoided by those who fear it.



LIBRA

SEPT 23-OCT 23

A heart-to-heart talk enhances your chances. Good news becomes a factor in a decision. Don't laugh when someone's words ring true.



SCORPIO

OCT 24-NOV 22

A surprising woman is overly emotional. A funny guy will thaw a cold heart. Your way of thinking about friendship is challenged.



SAGITTARIUS

NOV 23-DEC 21

Deep thinking reveals a little secret. Someone who lives in a peaceful place fascinates you. The time to improve relations is fading fast.



CAPRICORN

DEC 22-JAN 20

A dimwit will force a confrontation. Someone is too lazy to help himself. A companion who cares about you will make sense.



AQUARIUS

JAN 21-FEB 18

A team player will confess. Allow a thoughtful person to make a difficult decision. Don't get infuriated by an older person.



PISCES

FEB 19-MARCH 20

A petty person's false accusations will stress you out. A tough guy is in a bind. A brooding man spares your feeling.



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WORDY GURDY

BY TRICKY RICKY KANE

Every answer is a rhyming pair of words (like FAT CAT and DOUBLE TROUBLE), and they will fit in the letter squares. The number after the definition tells you how many syllables in each word.

1. Yours truly practices, as a trade (1)
2. Do a noogie on a U-boat (1)
3. The Delta Phi house over there (1)
4. Metric quart warming device (2)
5. Yes-man's macaques and baboons (2)
6. Actress Sarah Jessica's "Magic" pens (2)
7. Nosy interfering in door-to-door selling (2)

ANSWERS: 1. FLY 2. RUB SUB 3. THAT FRAT 4. LITER HEATER 5. FLUNKYS MONKEYS 6. PARKERS MARKERS 7. PEDDLING MEDDLING

1-20-09

This day in history

JAN. 20, 1265: In Westminster, the first English parliament conducts its first meeting in the Palace of Westminster, now also known as the Houses of Parliament.
JAN. 20, 1937: Franklin Roosevelt is inaugurated for a second term as President of the United States. This is the first inauguration scheduled on Jan. 20, following adoption of the 20th Amendment. Previous inaugurations were scheduled on March 4.
JAN. 20, 1961: John Fitzgerald Kennedy was inaugurated as the youngest man, and first ever Roman Catholic to become elected President of the United States.

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